

GRACE CITY + FIRST BAPTIST OF SD

PRAYER + FASTING

WEDNESDAYS, 6PM | SATURDAYS, 8AM

FASTING

Fasting is a spiritual discipline that draws us nearer to God. Your personal fast should present a challenge and hunger for God. It's important to know your body and limitations, so below are some fasting options to help you partake in our corporate fast.

PARTIAL FAST //

Choose to forgo one meal a week and use that time to spend in prayer. We recommend forgoing dinner on Wednesday or breakfast on Saturday to correlate with our corporate prayer times.

FULL FAST //

Drink only liquids for the full day; mainly water with juice as an option. Make sure to consult your physician if you have any health issues that might be affected by a full fast.

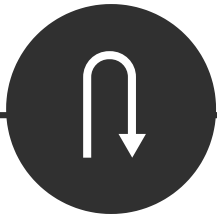
SOUL FAST //

Choose to forgo an aspect of your life that is currently imbalanced. For example, put away social media or watching TV and replace that time with prayer.

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”
(Matthew 6:16-18)*

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." (2 Chronicles 7:14)

POSTURE OF PRAYER



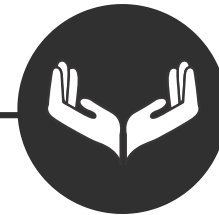
REPENTANCE

Ask the Spirit to show you any unconfessed sin and ask for His sanctification. Seek reconciliation with others. Confess pride and ask for humility.



DEPENDANCE

Express your deep need for God. Acknowledge your weakness before his greatness. Ask his Holy Spirit for protection against the evil one.



EXPECTANCE

Believe God hears you and that he answers those who earnestly seek him. Anticipate his Spirit to move in your heart, in our church, and in our city.

A black and white photograph of a group of people, mostly men, standing in a circle and holding hands in prayer. They are outdoors, and the background is slightly blurred. The image has a dark, semi-transparent overlay.

**“ BUT SEEK FIRST THE
KINGDOM OF GOD AND HIS
RIGHTEOUSNESS, AND ALL
THESE THINGS WILL BE
ADDED TO YOU. ”**

- Matthew 6:33 -